

La Vida

拍數: 64 牆數: 4 級數:
編舞者: Alexis Strong (UK) - October 2015
音樂: Vida (Dudu Borges Remix) - Ricky Martin



Start on vocals

[1-8] RIGHT SHUFFLE FORWARD, LEFT ROCK RECOVER, LEFT COASTER STEP, RIGHT STEP PIVOT 1/2 TURN

1&2 Step R Forward (1) Step L Together (&) Step R Forward (2)
3-4 Rock L Forward (3) Recover Back On R (4)
5&6 Step Back On L (5) Step R Together (&) Step L Forward (6)
7-8 Step R Forward (7) Making 1/2 Turn L, Step On L (8) FACING 6.00

[9-16] FORWARD RIGHT ROCK RECOVER, BACK RIGHT, BACK LEFT, TOUCH RIGHT OVER LEFT, FORWARD RIGHT SHUFFLE, LEFT STEP PIVOT 1/2 TURN.

1-2 Rock Forward On R (1) Recover Back On L (2)
&3-4 Step Back On R (&) Step Back On L (3) Touch Crossing R Over L (4)
5&6 Step R Forward (5) Step L Together (&) Step R Forward (6)
7-8 Step L Forward (7) Making 1/2 Turn R, Step On R (8) FACING 12.00

[17-24] FORWARD LEFT LOCK, LEFT LOCK LEFT, FORWARD RIGHT ROCK RECOVER, TRIPLE FULL TURN TO RIGHT.

1-2 Step Forward L (1) Lock R Behind L (2)
3&4 Step L Forward (3) Lock R Behind L (&) Step L Forward (4)
5-6 Rock R Forward (5) Recover Back On L (6)
7&8 Triple Full Turn R, Stepping R,L,R FACING 12.00

(Easy option do a right coaster instead of triple full turn)

[25-32] CROSS LEFT OVER RIGHT, HOLD, SIDE BEHIND SIDE, CROSS LEFT ROCK, RECOVER, 1/4 TURN SHUFFLE LEFT.

1-2 Cross L Over R (1) Hold (2)
&3-4 Step R To R (&) Cross L Behind R (3) Step R To R (4)
5-6 Cross Over L Rock (5) Recover On R (6)
7&8 Making 1/4 L On L (7) Step R Together (&) Step Forward L (8) FACING 9.00

[33-40] RIGHT GRIND 1/4 TURN RIGHT, BACK RIGHT COASTER STEP, LEFT HITCH, LEFT 1/4 HITCH LEFT, BACK LEFT COASTER STEP.

1-2 Grind R 1/4 Turn R (1) Step Weight On L (2)
3&4 Step Back On R (3) Step L Back Together (&) Step Forward On R (4)
5-6 Hitch L Up (5) Keep Weight On R, Hitch L Making 1/4 Turn L (6)
7&8 Step Back On L (7) Step R Together (&) Step L Forward (8) FACING 9.00

[41-48] FORWARD RIGHT ROCK RECOVER, LEFT HEEL FORWARD, AND TOUCH RIGHT, BACK RIGHT SHUFFLE, TOUCH LEFT TOE BACK, UNWIND 1/4 TURN TO LEFT.

1-2 Rock R Forward (1) Recover On L (2)
&3&4 Step Back On R (&) L Heel Dig Forward (3) Step On L (&) Touch R Behind L (4)
5&6 Step Back On R (5) Step Back L Together (&) Step Back On R (6)
7-8 Touch L Toe Behind R (7) Unwind 1/4 Turn L (8) FACING 6.00

[49-56] STEP RIGHT HOLD, AND STEP RIGHT TOUCH LEFT, ROLLING GRAPEVINE LEFT.

1-2 Step R To R (1) Hold (2)
&3-4 Step On L (&) Step R To R (3) Touch L To R (4)

5-6 Making ¼ L On L (5) Making 1/2 Turn L Step On R (6)
7-8 Making 1/4 Turn L, Step On L (7) Touch R To L (8)

[57-64] MAKING A FIGURE OF 8 TO RIGHT

1-2 Step R To R (1) CROSS L Behind R (2)
3-4 Making 1/4 R On R (3) Step L Forward (4)
5-6 Pivot 1/2 Turn To R Stepping R Forward (5) Making 1/4 R, Step On L (6)
7-8 Cross R Behind L (7) Making 1/4 Turn L, Step On L (8) FACING 3.00

RESTART- WALL 2 After Section 6

RESTART- WALL 5 After Section 4

End: After wall 7 - And face the front.

Enjoy
